



FREE

living well



eating smart[®]

ISSUE 033 • 1/20/11 – 3/30/11

Giving you the tools to live the life you deserve[™]



carrie's corner:

shop for heart
health with
NuVal[™] Scores

2

kid's choice

yogurt or
granola bar?
let them decide!

6

With Big Y's Wellness Team — Registered Dietitians
Carrie Taylor, RD, LDN and Andrea Samson, RD, LDN



Carrie's Corner

Big Y's Registered Dietitian, Carrie Taylor, RD, LDN



How are NuVal™ Scores helpful if you have heart disease?

When it comes to the NuVal™ System, scores do not represent the level of any one particular nutrient found in a food. They simply indicate the overall nutritional value of a food from a scale of 1 to 100.

That said, if you've been diagnosed with heart disease, or one of its risk factors such as high blood pressure, high cholesterol, high triglycerides or diabetes, it's important to look at a food's overall nutrition quality and the amount of specific nutrients of concern it contains. Nutrients of concern include those found on the Nutrition Facts Label such as sodium for high blood pressure, saturated fat and trans fat for high cholesterol and total carbohydrates for high triglycerides and diabetes.

So, if you're watching the level of sodium, fat or carbohydrates you eat, are NuVal™ Scores relevant? Yes!

With sodium as the example, here is the best way to shop for foods under specific criteria:

- Narrow down the options in the section you are shopping to those with top scores. Choose two or three brands out of this group and compare their level of sodium.

Be sure you're comparing the same serving size across brands. Don't skip this step because you may find a brand that doesn't use standard serving sizes, such as ½ cup for tomato sauce.

- Once you find a product with a high NuVal™ Score and the lowest amount of sodium, you've found your pick!

Here is one caveat: You could find a food that does not result in both a higher NuVal™ Score and the specific criterion you're looking for (ie: low sodium).

Take sodium levels in crackers. You may find a variety with a higher NuVal™ Score that doesn't have the lowest sodium content in the aisle. An example would be reduced-fat wheat crackers (NuVal™ Score of 34 with 160 milligrams sodium per 7 crackers) versus reduced-salt wheat crackers (NuVal™ Score of 32 with 58 milligrams sodium per 7 crackers).

Here's your decision — Which would have the greatest benefit on your particular health need? Would traditional wheat crackers with a slightly lower NuVal™ Score but less sodium be best? In this particular example, I vote yes. Sodium intake can add up rather quickly over the course of a day. The reduced-salt variety has almost half the amount of sodium found in the reduced-fat variety, with only 0.5 grams more saturated fat!

Try it out. Narrow down your options with NuVal™ Scores, compare specific nutrients of concern and make the best choice for your needs. And consider yourself empowered!

Who can I speak to about my nutrition questions?

The Living Well Eating Smart Wellness Team of dietitians! Contact Carrie Taylor, RD, LDN and Andrea Samson, RD, LDN by:



Writing
Living Well
2145 Roosevelt Ave.
PO Box 7840
Springfield, MA 01102



E-mailing
livingwell@bigy.com



Following us on Twitter
BigYLWES



Becoming a Facebook fan
LivingWellEatingSmart



heart health with NuVal™

Learn how the NuVal™ System
works to keep your heart healthy.



Certain nutrients play a key role in heart health. For example, routinely eating foods high in sodium can lead to high blood pressure — a risk factor for heart disease. On the other hand, consuming foods rich in fiber can lower your risk for heart disease.

How does this relate to the NuVal™ System? NuVal™ Scores are generated using a complex equation that factors in nutrients with known beneficial impact (ie: fiber) and harmful impact (ie: sodium) on the risk for major diseases like heart disease. So, whereas nutrients with harmful impact such as sodium drive down a food's NuVal™ Score, nutrients with beneficial impact like fiber drive up NuVal™ Scores.

Using NuVal™ Scores while grocery shopping can truly make an impact on your risk for heart disease. According to data soon to be released from the Nurses' Health Study and Health Professionals Followup Study, researchers found NuVal™ Scores were inversely associated with risk for cardiovascular disease in men and women. Meaning, individuals who consumed foods with higher NuVal™ Scores had a lower risk for heart disease than those consuming foods with lower NuVal™ Scores.

Here are examples of how you can use NuVal™ Scores to trade up for heart health:

Cereal For a heart-healthy cereal, select whole grain varieties that provide fiber with minimal added sugar and sodium like *Post® Original Shredded Wheat*. It has a NuVal™ Score of 91, much higher than the category average of 27.

Fruit While 100% juices help you meet Fruit Group goals, they do have an average NuVal™ Score of 11. This is because they don't contain the same potent disease-fighting plant compounds found in whole fruit and are higher in concentrated sugars and calories. So, enjoy juices moderately while choosing whole, fresh fruit most often like *Chilean Plums* with a NuVal™ Score of 99.

Soup Many canned soups are loaded with sodium, accounting for this category's average NuVal™ Score of 25. Shop with heart-health in mind and trade up to a lower sodium soup like *Healthy Choice® Country Vegetable Microwavable Soup Bowl* with a NuVal™ Score of 42.

Frozen Entrées Frozen entrées are often heavy in sodium and saturated fat, with an average NuVal™ Score of 20. Decrease your risk for heart disease by opting for higher scoring alternatives like *Healthy Choice® Roasted Beef Merlot Café Steamers™* with a NuVal™ Score of 31.

Ice Cream The sweetest way to love your heart is trading up your treats. Traditional ice cream has an average NuVal™ Score of 17. By simply indulging with fat-free, no sugar added varieties like *Turkey Hill® No Sugar Added Ice Cream* you can find an option with a NuVal™ Score of 100!

Next time you shop, know even the smallest NuVal™ Score trade ups add up — making a positive impact on your heart health.

heart month

Love your heart with the American Heart Association's® Life's Simple 7.™

During the month of February, the American Heart Association® works to raise awareness of heart disease and stop it in its tracks. Keep your heart healthy by eating well, living a healthful lifestyle and following Life's Simple 7.™



1. Don't smoke. According to the Cleveland Clinic¹, individuals who smoke a pack of cigarettes each day have more than double the risk for heart attack than nonsmokers. Plus, smoking lowers HDL ("good") cholesterol and raises blood pressure, additional risk factors for heart disease.



2. Maintain a healthy weight. Find a meal plan that works for you at MyPyramid.gov. MyPyramid will calculate your individual calorie and Food Group needs based on age, gender, height, weight, activity level and weight loss goals. If overweight, be mindful that slow and steady weight loss of 1-2 pounds per week is the way to go.



3. Engage in regular physical activity. In addition to aiding in weight management, as little as 30 minutes of regular physical activity helps to increase HDL cholesterol and lower LDL ("bad") cholesterol, triglycerides, blood pressure and stress. So get moving!



4. Eat a healthy meal plan. A healthy meal plan incorporates fruits and vegetables (from 100% juices like *Sunsweet® PlumSmart®* to fresh spinach), whole grains, lean protein foods, lowfat and fat-free milk products and heart-healthy oils. For added benefit, choose foods providing health-promoting compounds like *Jif® Omega-3 Peanut Butter*. The fish-based omega-3 fats that have been added have been shown to lower triglycerides.



5. Manage blood pressure. The higher your blood pressure, the harder your heart works to pump blood throughout your body. Over time, this greatly increases risk for heart attack and stroke. Control your blood pressure by pairing the previous steps with stress management. Reduce stress by taking time for yourself each day, whether it's with yoga or sipping warm tea like *Bigelow® Herb Plus Omega-3 Tea*.



6. Keep blood sugar within healthy ranges. Preventing the onset of diabetes is key for reducing risk for heart disease. Control your blood sugar by maintaining a healthy weight, being active and eating plenty of nutrient-rich foods like whole grain *Vermont Bread Company® Organic Multigrain Bread* versus highly processed grain foods.



7. Control cholesterol. While some cholesterol is needed in the body, too much can increase risk for heart attack and stroke. Eating certain foods may help reduce cholesterol buildup. For example, fruits like *Sun-Maid® Raisins* are rich in antioxidants, which help prevent cholesterol from being oxidized. Oxidized fats like cholesterol are much more likely to form clots, which can lead to heart attack or stroke.²

¹Heart and Vascular Health & Prevention: Smoking and Heart Disease. Cleveland Clinic. http://my.clevelandclinic.org/heart/prevention/smoking/smoking_hrtlds.aspx. Accessed November 24, 2010.

²Total Antioxidant Capacity of Fruits. Hong Wang, Guohua Cao and Ronald L. Prior. *J. Agric. Food Chem.* 1996, 44, 701-705.

delicious dinners

Cooking at home...there's no tastier way to get the most out of your food budget and keep your family healthy. Nervous? Don't be. The road to culinary diva is paved with practice.

Veggie Queen

Keep your family in tip-top shape. Offer disease fighting vitamins, minerals, antioxidants and phytochemicals (plant compounds) with 2-3 varieties of vegetables at dinner. Serve options like carrots and asparagus alongside a large salad made with *Fresh Express® Salad Blends*.

Simply Saucy

Make ordinary meals extraordinary with delectable, nutrient-rich sauces like *Chef Silvio's All Natural Sauces*. Prepare a base of whole grain pasta and shrimp, add sauce and you have a dinner masterpiece in minutes.

PM Breakfast

It's fun to take a temporary hiatus from "dinner" foods and offer breakfast for dinner. Plus, you benefit from nutrient-packed whole grains like *Silver Palate® GRAIN BERRY® Pancake & Waffle Mix* and *Cereals*. The addition of *Silver Palate® GRAIN BERRY® Sorghum Bran* gives *Silver Palate® GRAIN BERRY®* products an average ORAC* value of 3,314 units per serving. Not quite ready for breakfast in the P.M.? Sprinkle whole grains through-out your dinner with options like quinoa, brown rice and *Silver Palate® GRAIN BERRY® Muffin Mix*.

Lean Protein

Skip processed protein-rich foods that add excess saturated fat and sodium to meals. Zap nutrition back into your dinner with lean protein options like beans, fish and *Big Y® Boneless Skinless Chicken Breast*.

Ingredient Savvy

Items in your pantry have more applications than you may think. Whether it's adding Spiced Chai tea to cranberry sauce or making *HERSHEY'S® Cocoa* the muse for *Cocoa-Coffee Spiced Chicken with Salsa Mole*, there are hundreds of recipes waiting to be created from the contents of your cabinets. Visit supercook.com to search for recipes by ingredients!

fact:

living well

***What's an ORAC value?**

A measurement of a food's antioxidant level – the higher the value, the more antioxidants it contains. Strawberries have an ORAC value of 3,520 units per serving whereas Silver Palate® GRAIN BERRY® Pancake & Waffle Mix has an ORAC value of 4,472 units per serving.



serves: 4 serving size: 1 chicken breast with salsa

Cocoa-Coffee Spiced Chicken with Salsa Mole

Based on recipe from *HERSHEY'S® Kitchens*. For more chocolaty recipes, visit www.hersheys.com/recipes.aspx.

ingredients:

- 2 tablespoons Big Y® ground coffee
- 2 tablespoons HERSHEY'S® Natural Unsweetened Cocoa
- 1 tablespoon Big Y® light brown sugar, packed
- 1 teaspoon Big Y® salt
- 1 teaspoon Big Y® chili powder
- 1 tablespoon Big Y® canola oil
- 4 Big Y® Boneless Skinless Chicken Breasts
- Big Y® nonstick cooking spray
- Salsa Mole (recipe below)
- cilantro sprigs (optional)

Salsa Mole:

- 2 tomatoes, chopped
- 1 avocado, peeled and diced
- 1 green onion, minced
- 1 tablespoon cilantro, snipped
- 1 clove garlic, pressed
- 1 teaspoon Big Y® lime juice

For an extra chocolate punch, add 1/8-1/4 cup HERSHEY'S® Mini Semi-Sweet Chocolate Chips to the Salsa Mole.

directions:

1. Heat oven to 425°F. Grease baking sheet.
2. Stir together coffee, cocoa, brown sugar, salt and chili powder.
3. Rub chicken pieces first with oil and then with cocoa mixture.
4. Place chicken on baking sheet and bake 20 to 25 minutes or until thickest part reaches 165°F with an instant read food thermometer.
5. Meanwhile, stir Salsa Mole ingredients together in a medium bowl and chill in the refrigerator.
6. Garnish chicken with cilantro sprigs and serve with Salsa Mole on the side.

nutrition facts per serving:

Calories 388, Total Fat 13 g, Saturated Fat 1 g, Cholesterol 132 mg, Sodium 745 mg, Carbohydrates 11 g, Fiber 5 g, Protein 57 g



kid's choice

Yogurt or granola bar? Let them decide!

We all want our children to eat well so they're happy and healthy. Sometimes, this is easier said than done. For example, how do you get them to eat peas and carrots when the only vegetable they're interested in is corn? Let's explore a few tricks of the trade to minimize the stresses of mealtime.

Healthful eating begins at the grocery store, so make shopping a family affair. While parents should make the majority of food-purchasing decisions, empower children to make a few choices of their own. Why? Children are much more likely to try a food they've selected. Suggest they pick out a new 100% fruit juice like *Langers® 100% Juice Apple Blends* to try or pinpoint a healthful cereal like *Barbara's Bakery® Puffins® Cereal* while allowing them to choose the flavor.

Snack time becomes less of a struggle when children only have nutritious foods to choose from. Keep your kitchen stocked with foods you want your child to eat and minimize your battles. This way, regardless if they choose an apple with *SunButter® Sunflower Butter* or a granola bar like *CLIF CRUNCH®* or *CLIF Kid® Organic ZBar*, you know they're eating a nutritious choice.

Children need routine, so set structure for meals and snacks. Ensure meals are eaten at the kitchen table versus in front of the television or computer screen. Stick to the same meal schedule each day. When it comes to snacking, set rules, too. Offer child-appropriate portions (ie: a handful of crackers) instead of the entire box. If your child's hunger gets the best of them right before mealtime, provide a small snack that won't fill them up such as sliced veggies.

Try, try and try again. It can often take a number of tries for a child to accept a new food. For example, you may offer broccoli to your little one eight times to no avail, but on the ninth try they like it. Be creative and embrace variety. Just because your child may not like cooked carrots doesn't mean they won't gobble up raw carrots. And while foods like *Chobani® Champions* yogurt are tasty on their own, they also work as a flavorful fruit dip or base for kid-approved smoothies.

Most importantly, keep a light heart and have fun! Food is meant to be enjoyed. Most children go through finicky phases when it comes to eating. Simply set a good example. Offer nutritious foods and teach healthy eating habits.

If your child's hunger gets the best of them right before mealtime, provide a small snack that won't fill them up such as sliced veggies.

stocking up for football festivities

Whether you're planning to put out quick and easy finger foods or an elaborate spread, be sure these foods make it on your menu for extra nutritional punch.

Appetizer Kickoff

Nothing says football like traditional chips and dip. When choosing potato chips, opt for varieties made with minimal ingredients like *All Natural LAY'S® Classic Potato Chips* for heart-healthy fats, potassium, vitamin C and a little bit of fiber. For dips, focus on veggie-based varieties. Fresh tomato salsa and guacamole provide vitamins, minerals and antioxidants while hummus and *Black Bean Con Queso Dip* made with *Bush's Best® Beans* are packed with protein and fiber.

The Main Event

The key to planning a great party is serving delicious food that doesn't take all day to prepare. After all, who wants to be stuck in the kitchen instead of watching the game? When planning your menu, incorporate an array of easy entrées that require little prep work. A few nutrient-packed choices are leafy green salads, sandwiches made with veggies, whole grain bread and lean meats like *Tyson® Grilled and Ready™ Frozen Fully Cooked Chicken Breast Strips*, or a homestyle meal like *MamaMancini's™ Sunday Sauce and Meatballs* served alongside whole wheat pasta.

Hydration Station

Quench thirst with low-calorie and calorie-free beverages. Fill your cooler with ice and an array of offerings like bottled water, flavored seltzers such as *Big Y® Sparkling Seltzers*, 100% juice and lightly sweetened iced tea. For soda drinkers, offer diet varieties that provide less sugar and calories. For an additional beverage option, prepare a home-made party punch. Simply combine 100% juice fruit punch, 100% pineapple juice and ginger ale in a large punch bowl and add scoops of sherbet!

Victorious Endings

Complete your party with a fabulous, crowd-pleasing dessert station. Place fresh fruit like apples, strawberries and sliced bananas on a platter. Offer bowls of dark chocolate and raspberry dipping sauces, coconut flakes and chopped nuts like walnuts, almonds and pecans. Then let your guests build their own unique dessert creations.



serves: 20

serving size: 1/3 cup

Black Bean Con Queso Dip

Recipe from *Bush's Best® Beans*.
For more crowd-pleasing recipes,
visit <http://bushbeans.com>.

ingredients:

- 1/4 cup heart-healthy buttery spread
- 1 large onion, finely chopped
- 2 garlic cloves, minced
- 1/3 cup white whole wheat flour
- 2 cups Big Y® lowfat milk
- 2 (8-ounce) packages Big Y® reduced-fat shredded cheddar cheese
- 2 (15-ounce) cans Bush's Best® Black Beans, rinsed and drained
- 1 (4.5-ounce) can chopped green chiles
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon ground red pepper

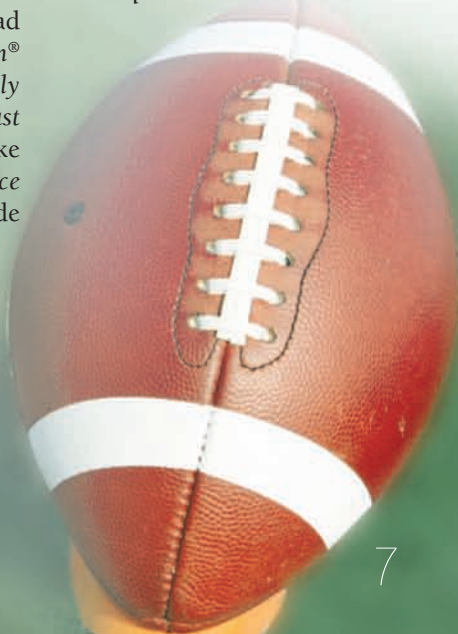
For additional heat, add sliced jalapeño peppers while sautéing onion.

directions:

1. In a large pan, melt buttery spread over medium heat.
2. Add onion and sauté 8 minutes.
3. Add garlic and sauté 2 minutes or until onion is tender.
4. Stir in flour until smooth.
5. Continue cooking mixture, stirring constantly for 1 minute.
6. Gradually add milk, stirring continually until thickened.
7. Reduce heat to low and add cheese. Continue to stir until cheese melts.
8. Add remaining ingredients, stirring gently until mixture is thoroughly heated.
9. Serve with chips or whole grain crackers.

nutrition facts per serving:

Calories 110, Total Fat 4 g, Saturated Fat 3 g, Cholesterol 15 mg, Sodium 200 mg, Carbohydrates 9 g, Fiber 2 g, Protein 9 g



FEATURED ITEMS

"Heart Health With NuVal™" Featured Items

Sale Dates: 2/17-3/2/11

Healthy Choice® Microwavable Soup Bowls

42
NuVal™

Warm your soul with Healthy Choice® Microwavable Soup Bowls. Convenient at home or in the office, options like Country Vegetable have a NuVal™ Score of 42. With more than 300 milligrams less sodium than other microwavable soup bowls, they help to maintain a healthy heart.



www.healthychoice.com

Healthy Choice® Frozen Meals

31
NuVal™

Trade up your frozen beef entrée with a NuVal™ Score of 14 to Healthy Choice® Roasted Beef Merlot Café Steamers™ with a NuVal™ Score of 31. Created with your heart in mind, Healthy Choice® Frozen Meals help reduce saturated fat and sodium intake.



www.healthychoice.com

Turkey Hill® No Sugar Added Ice Cream

100
NuVal™

Amazingly delicious, Turkey Hill® has crafted ice creams with NuVal™ Scores of 100! Turkey Hill® No Sugar Added Dutch Chocolate and Vanilla Bean Ice Creams are made with nonfat milk and sweetened with Splenda® and acesulfame-K. Plus, each serving is a good source of calcium and vitamin D and has 5-6 grams added fiber.



www.turkeyhill.com

"Kid's Choice" Featured Items

Sale Dates: 3/3-3/16/11

SunButter® Sunflower Butter

41
NuVal™

Made from sunflower seeds, SunButter® Creamy Sunflower Butter is produced in a peanut and tree-nut free facility making it a safe allergy-friendly alternative to peanut butter. Besides being peanut free, SunButter® contains twice the fiber of traditional peanut butter plus 27% the Daily Value for vitamin E.



www.sunbutter.com

Chobani® Champions

Make healthful snacking easy for your child with Chobani® Champions. Chobani® Champions are 2% lowfat blended yogurts in kid-approved Verryberry and Honeynana flavors. Each variety contains less sugar and approximately twice the protein of other yogurts. Look for them in your local Big Y® World Class Market this March!



www.chobani.com

Barbara's Bakery® Puffins® Cereal

Looking for a wholesome cereal your kids will love? Then opt for Barbara's Bakery® Puffins® Cereal. A serving of Barbara's Bakery® Original Puffins® is sweetened with just over a teaspoon of sugar and has 5 grams fiber to keep your little ones feeling full.



www.barbarasbakery.com

"Kid's Choice" Featured Items

Sale Dates: 3/3-3/16/11

CLIF® Bars

Feed your child's snack cravings with a nutrient rich, kid-friendly bar. 70% Organic CLIF CRUNCH® Granola Bars and CLIF Kid® Organic ZBars provide the taste kids demand with parent-approved nutrition. One CLIF Kid® Peanut Butter Organic ZBar delivers 3 grams fiber plus vitamin C, calcium and important B-vitamins.



www.clifbar.com

Langers® 100% Juice Apple Blends

With California Fuji Apples as their base, Langers® 100% Juice Apple Blends like Apple Berry Cherry deliver unbeatable taste kids love. Each 4-ounce glass counts as a serving of fruit and provides three times the vitamin C found in other 100% juice apple blends.



www.langers.com

"Delicious Dinners" Featured Items

Sale Dates: 3/17-3/30/11

Chef Silvio's Sauce

Create meal masterpieces with Chef Silvio's All Natural Sauces from New Haven, Connecticut. Chef Silvio's gourmet sauces are prepared using authentic family recipes without added sugars for truly exceptional flavor. Enjoy Chef Silvio's Capricciosa (a gourmet marinara) Sauce over eggplant, whole wheat pasta or chicken.



www.chiefsilvio.com

HERSHEY'S® Cocoa

You may think of HERSHEY'S® Cocoa for baking, but how about as a healthful cooking ingredient? Simply use HERSHEY'S® Natural Unsweetened or SPECIAL DARK® Cocoa in delicious recipes like the Cocoa-Coffee Spiced Chicken with Salsa Mole recipe on page 5. Each tablespoon provides 2 grams fiber plus potent antioxidant flavonols.



www.hersheys.com

Fresh Express® Salad Blends

Add colorful, disease-fighting nutrition to your plate with Fresh Express® Salad Blends. Versatile Fresh Express® Salad Blends make the perfect starter, entrée or side dish. Turn Spring Mix into a tasty Greek Salad or wilt Baby Spinach with olive oil and garlic for an antioxidant-packed side.



www.freshexpress.com

Big Y® Chicken Breasts

Prepare a satisfying dinner using extra tender Big Y® Boneless Skinless Chicken Breast Fillets. Big Y® Chicken Breasts never contain added water and are raised without antibiotics or hormones. Each 4-ounce serving contains 26 grams protein, 10% the Daily Value for iron and no saturated fat.



Silver Palate® GRAIN BERRY® Mixes and Cereals

Serve breakfast for dinner with Silver Palate® GRAIN BERRY® Mixes and Cereals. Silver Palate® GRAIN BERRY® Pancake & Waffle Mix, Muffin Mix and Cereals are made with whole grains and Silver Palate® GRAIN BERRY® Sorghum Bran, a fiber and antioxidant-rich bran that is said to provide more antioxidants gram-per-gram than blueberries!



www.silverpalate.com

living well eating smart®

FEATURED ITEMS

"Stocking Up For Football Festivities" Featured Items



Sale Dates: 1/20-2/2/11

Bush's Best® Variety Beans

With Bush's Best® Variety Beans, your game day menu creations are endless! Add protein and fiber punch by making traditional chili with Bush's Best® Dark Red Kidney Beans or try a new favorite with the *Black Bean Con Queso Dip* recipe on page 7.



www.bushbeans.com

59
NuVal™



MamaMancini's™ Sunday Sauce and Meatballs

For this year's game, serve a homestyle meal without the prep work. MamaMancini's™ Sunday Sauce and Meatballs are made by hand then slow cooked for hours. With one-third the sodium and saturated fat of kielbasa and Italian sausage, MamaMancini's™ is a winning choice.



www.mamamancinis.com

All Natural LAY'S® Potato Chips

What do you get when you combine premium potatoes, heart-healthy oil and a touch of salt? LAY'S® Potato Chips! Made with simple, quality ingredients for the perfect all natural chip, one serving of LAY'S® Lightly Salted Potato Chips contains just 40 milligrams sodium. Plus, All Natural LAY'S® Potato Chips are gluten free.



www.fritolay.com

Tyson® Grilled and Ready™ Chicken Breast Strips

Create easy dishes for the big game with Tyson® Grilled and Ready™ Frozen Fully Cooked Grilled Chicken Breast Strips. Heat for 5 minutes or less; add to sautéed peppers and voila! One 3-ounce serving provides 100 calories, 2 grams fat and 21 grams protein.



www.tyson.com

24
NuVal™

Big Y® Sparkling Seltzers

When planning your menu for the big game, don't forget to include low-calorie and calorie-free beverages like Big Y® Sparkling Seltzers. Made with carbonated water and natural flavors, options like Big Y® Raspberry Lime Sparkling Seltzer add fruity flavor without calories or added sugars.



"Heart Month" Featured Items



Sale Dates: 2/3-2/16/11

Jif® Omega-3 Peanut Butter

Naturally rich in heart-healthy oils, peanut butter is an ideal protein source. And now Jif® Omega-3 Peanut Butter takes heart health one step further. Each serving provides the same taste you love from Jif® with the additional benefits of 32 milligrams DHA and EPA omega-3s.



www.jif.com

"Heart Month" Featured Items



Sale Dates: 2/3-2/16/11

Bigelow® Herb Plus Tea

Relaxing with warm tea is a great way to reduce stress for heart health. For even more benefit, unwind with Bigelow® Pomegranate Blueberry Herb Plus Omega-3 Tea. Two servings provide 32 milligrams DHA and EPA omega-3s. Plus, Bigelow® teabags are individually foil wrapped to protect their delicate contents.



www.bigelowtea.com

Sunsweet® PlumSmart® Juice

Drink your way to heart health with Sunsweet® PlumSmart® Juice. Made with 100% juice, an 8-ounce glass provides 360 milligrams potassium, 3 grams fiber and 120% the Daily Value for vitamin C. For 60% less sugar but the same great nutrition, enjoy Sunsweet® PlumSmart® Light.



www.sunsweet.com

20
NuVal™



Vermont Bread Company® Organic Bread

Love your heart by going whole grain. Vermont Bread Company® Organic Breads like Multigrain and Oat are made with quality ingredients such as organic whole wheat flour. For 80 calories, each slice of Vermont Bread Company® Organic Multigrain Bread provides 2 grams fiber.



www.baldwinhill.com

Sun-Maid® Raisins

For such a small fruit, Sun-Maid® Raisins pack strong nutritional punch in the fight against heart disease. Each ¼-cup serving provides 310 milligrams potassium, an important nutrient for keeping high blood pressure at bay. Sun-Maid® Raisins are also packed with antioxidants shown to reduce risk for heart attack and stroke.



www.sunmaid.com

87
NuVal™



"Heart Health With NuVal™" Featured Items



Sale Dates: 2/17-3/2/11

Chilean Fresh Fruit

Enjoy summertime fruits like plums year-round with fresh Chilean fruit. With a NuVal™ Score of 99, richly colored Chilean Plums are an ideal source of anthocyanidins, antioxidants linked to improved blood vessel health. Chilean Plums are also a good source of vitamin C.



www.cffausa.org

99
NuVal™



Post® Shredded Wheat Cereal

Start the day with Post® Shredded Wheat Cereal and your heart will thank you! With a NuVal™ Score of 91, Post® Original Shredded Wheat contains no added sugar or sodium for a whole grain cereal at its best. You'll also benefit from 6 grams fiber and protein per serving.



www.postcereals.com

91
NuVal™



This Valentine's Day, love your heart by doing a heart-healthy activity each day. Starting on February 1st, take part in an activity every day in anticipation for Valentine's Day!

Materials:

- Red, purple, pink and white construction paper
- Black marker
- String for necklace
- Single-hole punch
- Scissors

Instructions:

1. Using the template provided, cut fourteen hearts out of construction paper with help from an adult.
2. Punch a hole at the top of each heart with the help from an adult.
3. Write an activity on each heart and set them aside in a bag or shoebox.
4. Starting on February 1st, choose one heart a day and complete the activity.
5. Once the activity is completed, thread the heart onto string to create a necklace.
6. Aim to have your necklace full with fourteen hearts by Valentine's Day to show how much you care about keeping your heart healthy!

Heart-Healthy Activity List:

- Enjoy sliced apples with peanut butter.
- Help make whole-wheat English muffin pizzas for dinner.
- Limit screen time to less than one hour.
- Eat a heart-healthy snack like nuts.
- Cook sweet potato fries. With help from an adult, cut a sweet potato into strips, drizzle with olive oil and sprinkle with cinnamon. Bake for 25 minutes at 350°F.
- Avoid sugary beverages like soda and punch for a day.
- Try a new fruit.
- Enjoy a tuna boat for lunch! Put tuna in a whole grain hot dog bun and melt cheese on top.
- After dinner, make a milkshake by blending chocolate soymilk with vanilla yogurt.
- Do fifteen push-ups or crunches.
- Try a new vegetable.
- Take part in a winter family activity like ice skating or building a snowman.
- Jog in place for five minutes or do jumping jacks during TV commercials.
- Enjoy a piece of **dark** chocolate in the spirit of Valentine's Day!

